



Vol. 51 No. 23

July 1, 2005

Aviano Air Base, Italy

## Fly Bys

### Change of command

Lt. Col. Christine Erlewine will assume command of the 724th Air Mobility Squadron from Maj. Frank Flores 10 a.m. Thursday, outside the 724th AMS.

### Post office hours

The Aviano Main Post Office and Annex will have limited hours for the Fourth of July weekend. The hours are: 10 a.m. to 1 p.m. today with no registered mail and 10 a.m. to 1 p.m. Saturday with no registered mail. The post office will be closed Sunday and Monday. Mail will still be posted and the main lobby will remain open for customers to check boxes.

### Pavement painting

The parking lots of the Aviano Health and Wellness Center, movie theater, bank area, the Aviano Dragon Fitness Center, flight medicine, Pass and ID, 31st Communications Squadron and the Italian Air Force command section will be coned off in sections for painting beginning July 11 until 22. Call Staff Sgt. Nicolas Alessi at Ext. 6018 for more information.



Airman Nathan Doza

## Honoring the honorary

Senior Airman Bert Riley Jr., and other 31st Fighter Wing Airmen salute their new honorary squadron commanders during the seventh annual Honorary Squadron Commander induction ceremony June 24 here. The HSC program invites local Italian politicians and business leaders to become integrated members of Aviano's squadrons. After the ceremony, the honorary commanders were given tours of their respective squadrons, mission briefings and met with Airmen. For one year, they will attend squadron functions. The program's mission is to give Italian civic leaders a better understanding of the base and its missions while also building up support from the local community. See pages 10-11 for more information.

## Bases receive honors in base competition

By Master Sgt. Mona Ferrell

U.S. Air Forces in Europe News Service

Taking pride in appearance has paid off for two U.S. Air Forces in Europe bases with the recent announcement that Ramstein Air Base, Germany, was chosen as the command's overall Base Appearance Competition winner in the large base category, and Royal Air Force Alconbury, England, took first place honors in the small base category.

Both bases also won top honors for their self-help programs.

Gen. Robert H. "Doc" Foglesong, USAFE commander, made the well-received announcement here June 24 during an impromptu commander's call with the key leadership from the 435th Air Base Wing, 86th Airlift Wing and 38th Combat Support Wing; and June 25 with leadership from the 423rd Air Base Group at RAF Alconbury.

"Twenty-two months ago,

**See Pride, pg. 8**

**Celebrate:** The 31st Fighter Wing leaders invite everyone to the Fourth of July fun in Freedom Park Saturday-Monday.

## Aviano Sortie Board

**sortie:** n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1,604.5	710
ahead/behind	12.2	14
555th FS goal	623.0	434
ahead/behind	44.2	35
510th FS goal	981.5	276
ahead/behind	-32.0	-21



## America's celebration of freedom

By Gen. Robert H. "Doc" Foglesong  
U.S. Air Forces in Europe

For the past 229 years, Americans have commemorated the signing of the Declaration of Independence. This document, signed by our great country's forefathers, conceived a new nation and put into writing the democratic freedoms and inalienable rights we so cherish today.

**See Independence, pg. 3**



Vigileer  
Editorial Staff

Commander,  
31st Fighter Wing  
Brig. Gen.  
Robert Yates

Chief, Public Affairs  
Capt. Eric Elliott

NCOIC,  
Internal Information  
Staff Sgt.  
Jerome Baysmore

Editor  
Airman 1st Class  
Sarah Gregory

Photo Support  
Base Multimedia  
Center

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## From the Top: A Word From Those Who Lead

### Independence, from page 1

Since its conception, the principles of the Declaration of Independence -- Life, Liberty and the Pursuit of Happiness -- have been a bedrock of inspiration. Our belief in the vision it established unites us as Americans and as those in service to our nation.

From the Revolutionary War to Operations Iraqi and Enduring Freedom, Americans have sacrificed their sons and daughters for our coveted virtues of freedom, democracy and equality. Bringing their courage to the fight, many of these young men and women have paid the ultimate price for the liberties we enjoy today.

As we celebrate this 4th of July with family and friends, let us remember our brothers and sisters in arms who are deployed on the battlefields of Iraq and Afghanistan ensuring our freedoms at home and around the world.

In addition, as you enjoy the traditional picnics and barbecues, also reflect on Old Glory and everything she represents. Every day our flag flies high as a symbol of peace and freedom; as America's military we're tasked with preserving these cherished rights.

Thanks for all the great work you do for U.S. Air Forces in Europe, the United States of America and the world!



Gen. Robert H. "Doc" Foglesong is the U.S. Air Forces in Europe Commander.

## Air Force leaders send Independence Day message

The following is an Independence Day message from Michael L. Dominguez, acting secretary of the Air Force, and Air Force Chief of Staff Gen. John P. Jumper:

"This July 4th, we celebrate our nation's 229th year of independence. In those 229 years, the United States has embodied the principles of democracy and presented freedom's virtues for countless nations and people.

"Our road to democracy began with the original 13 colonies and hasn't always been easy. The United States has fought for her freedom and ideals whenever and wherever needed. We continue to do so today, with Airmen



Gen. John P. Jumper is Chief of Staff of the U.S. Air Force.

deployed and engaged in the global war on terrorism.

"As you celebrate our independence this year, keep those who are serving far away from home, and their families, in your thoughts and prayers. Remember their sacrifices and the sacrifices of courageous patriots who came before them.

"You, America's Airmen, represent the very best we have to offer. Citizens of this nation and people of the world look to you as defenders of freedom. We couldn't be more proud of your strength and unity, and we thank you and your families for your selfless service. Have a safe and happy 4th of July!"



Brig. Gen. Robert Yates presents a coin to Airman 1st Class Nitasha Howell after she spent the day shadowing him.

### Aviano Airman of the Week

Name: Airman 1st Class Nitasha Howell  
Unit: 31st Security Forces Squadron  
Time on station: One and a half years  
Hometown: Grand Rapids, Mich.  
Reason for joining: To get involved, serve her country  
Hobbies: Studying theology, pursuing her masters degree, traveling Europe, fitness  
Accomplishments: Airman Howell was selected as a Dragon Shadow for her outstanding performance with the 31st SFS.





Col. Joseph Ford, right, accepts command of the 401st Air Expeditionary Wing from Lt. Gen. Glen Moorhead III, 16th Air Force commander, during a ceremony here recently.

## Wing welcomes new commander

Col. Joseph Ford assumed command of the 401st Air Expeditionary Wing from Col. Joseph Abbott in a change of command ceremony 10 a.m. June 23 at the La Bella Vista Collocated Club.

Colonel Ford took command of USAFE's only expeditionary wing after serving as vice commander of the 366th Fighter Wing, Mountain Home Air Force Base, Idaho.

Colonel Ford is a command pilot with more than 3,500 flying hours in the F-4, A-7, AT-38, F-16, F-117, F-15, KC-135, E-3 and HH-60 – including more than 120 combat hours.

The 401st AEW is comprised of five geographically separated units

in four countries, each with its own unique mission.

The wing consists of approximately 160 active duty military members and nearly 140 U.S. civilian employees.

The wing's mission is focused on supporting expeditionary Airmen deployed in support of NATO peacekeeping operations in the Balkans, as well as U.S. European Command's high altitude reconnaissance operations.

Colonel Abbott moved on to command the Reserve Officer Training Corps detachment at the University of Arizona, Tucson, Ariz. (401st AEW Public Affairs)

## 12 Things to know about driving drowsy

National Highway Traffic Safety Administration of the U.S. Department of Transportation in Washington D.C. offers these tips on how to prevent drowsy driving.

- Begin your journey with a good night's sleep.
- Avoid driving during late night and early morning hours, which are the body's natural sleep times.
- Set realistic travel goals about the time it will take to reach your destination.
- Eat healthy meals. Avoid foods high in fat and sugar, which can contribute to fatigue.
- Avoid using alcohol or drugs.
- Share the driving. Switch drivers about every two hours, even if you don't feel tired.
- Take regular breaks. Stop every two hours to stretch.
- Drink water, juice, or a soft drink low in sugar and caffeine. Sugar and caffeine promote short-term alertness but may increase drowsiness over longer periods of time.
- Keep the inside of your vehicle at a cool temperature.
- Listen to radio talk shows rather than music. The discussion format will help keep you alert.
- Find a safe place to stop the car to take a short nap (20 minutes).
- Drink coffee (or something else with caffeine) to promote short-term alertness until you can find a safe place to rest.

**Higher education:** Only 14 percent of enlisted Airman have their associates degree. Call the Aviano Education Center at Ext. 5330.

## "Cajuneers" bring experience, southern flair to Italy

**By Senior Master Sgt. Gerald Prine**  
926th Civil Engineer Squadron,  
Naval Air Station Joint Reserve Base, La.

The 926th Civil Engineer Squadron, Naval Air Station Joint Reserve Base, New Orleans performed their fifteen day annual tour here, augmenting the 31st CES operations and maintenance functions.

"Deployments like this are win/win situations since the 31st CES gets the advantage of our skill set and we get the opportunity to train with Air Force assets," said Major David Lorange, operations officer for the 926th CES.

The Cajuneer team was comprised of Airmen with the full spectrum of engineer construction and maintenance specialties. As a tenant unit on a Navy base, the team often experiences training challenges the reservists can overcome with deployments like the one here.

Master Sgt. Alvin Every, materiel control craftsman, said, "I never get to work with these [engineering] programs and processes



"I don't remember ever being received this well before," said Senior Master Sgt. Myron Clark of Aviano's hospitality. Sergeant Clark was one of the Air Force reservists who worked here for two weeks.

on our base [in Louisiana]."

Reserve and active-duty seven-level electricians are identical when it comes to job requirements. Reservists train to the same standard as their active-duty counterparts, making for a seamless integration between the two.

The team offered a broad and diverse civilian employment demographic. School teachers, post office workers, public safety professionals, managers, blue collar workers, professional and technical employees and, of course, engineers made up the group.

## RESCON CORNER

The 31st Fighter Wing is in **RESCON Alpha**.

It's been **24** days since the last drunk driving incident.

### Focus on Combat and Special Interest Programs

## Combat Touch

Combat Touch is a program to infuse enthusiasm to passionately pursue matters of the spirit through active participation in base programs. The primary goal is to ensure Airmen and family members are aware of the programs, services and expertise available to aid spiritual growth.

## CSIP program improves Airmens' lives

By Airman 1st Class  
Sarah Gregory

31st Fighter Wing Public Affairs  
Vigileer editor

In a rapidly changing and evolving Air Force, there are new situations and stressors encountered every day. The amount of things Airmen have to look after these days can seem overwhelming.

In order to improve the professional and personal lives for Airmen and their families, U.S. Air Forces Europe began a command-wide campaign called Combat Special Interest Programs.

"CSIP is the report card which the Commander can look at in order to get a snapshot of how prepared the Airmen are to execute the mission, how prepared the base is to support the Airmen and their family, and overall provide feedback on what level of quality is being provided in customer service related areas," said Capt. Tom DeAngelis, 31st Fighter Wing Executive Officer.

There are three categories covering the 22 different combat special interest programs – readiness, services and quality of life.

The readiness category focuses on mission preparedness programs such as Combat Flightline, Project Smart, and Combat Fitness, said Captain DeAngelis. These programs are designed

to enhance professional development, improve efficiency and keep Airmen fit, safe and prepared to deploy.

The services aspect is concerned with providing first-class support to the Aviano community. Combat services programs include Combat Intro/Exit and the Customer College program which are intended to monitor the level of service provided not only by our Airmen to customers, but also to ensure our customer service areas are maximizing their abilities and operating at an efficient level.

Quality of life combat programs are geared toward increasing the morale, welfare and health of military members and their families.

"Taking care of family members of our deployed Airmen, recognizing people and programs that make a difference and creating a welcoming environment for the Aviano community is what the quality of life programs are all about," said Captain DeAngelis.

Whether they are focusing on education opportunities or leisure activities, these programs are aimed at letting the community know about the services and benefits available to them.

"We do this to make sure we are always improving the quality of the base and to make Aviano a home for our Airmen," said Captain DeAngelis.

**Aviano Thrift Shop** is closed from July 1 to July 18. Volunteers are needed when it reopens. Write [avianothriftshop@yahoo.com](mailto:avianothriftshop@yahoo.com) for information.



### Air Force history

(Left) Tech. Sgt. Robert Schultz, 724th Air Mobility Squadron, shows his son Jordan the wall of signatures aboard the C-141 Starlifter while it stopped over here recently. The wall was signed by POW's leaving Vietnam. Nicknamed the "Hanoi Taxi," the C-141 (above) departed Aviano for its final destination to the U.S. Air Force Museum in Ohio.

Photos by Staff Sgt. Bethann Caporaletti

# Thrift savings plan 'open season' is history

The restrictions of having only two open seasons each year for civilian and military members to sign up for, stop, resume, or change their Thrift Savings Plan contributions has ended.

Public Law 108-469, goes into effect today, eliminating restrictions on contribution elections that have always been tied to TSP open seasons.

The elimination of open seasons affects civilian and military members who are eligible to contribute to TSP in the following ways:

- Gives individuals more

flexibility in managing their TSP contribution amounts depending on their personal situations.

- Civilians can now make 26 or 27 TSP contribution elections per year (based on pay periods) and military members 24 per year.

- Contribution elections submitted after today, are effective at the beginning of the pay period following the one in which the election is submitted.

"What hasn't changed is the contribution limits set for 2005," said Janet Thomas, of Air Force Personnel Center's

civilian benefits and entitlement service team.

Employees may continue to contribute based on the system they are currently under for 2005 - Civil Service Retirement System, 10 percent; Federal Employees' Retirement System, 15 percent; or the military pay system, 10 percent.

The law eliminating TSP open seasons doesn't eliminate the waiting period that newly hired FERS employees or rehired FERS employees not previously eligible must serve before they can begin to receive agency contributions. Partici-

pants who make an in-service financial hardship withdrawal may not make contribution elections for a six-month period following the withdrawal.

"As a reminder, Air Force-serviced civilian employees must make contribution elections via the BEST automated phone system or the Employee Benefits Information System," Ms. Thomas said. For instructions on how to access the BEST automated web and phone system, visit <http://www.afpc.randolph.af.mil/dpc/best/automated.htm>. (*Air Force Personnel Center News Service*)

**Closure:** The Aviano Thrift Shop is closed through July 18 for summer vacatin. The thrift shop will resume normal hours July 19.

## PRIDE, from page 1

Chief Coleman and I were standing in this same spot introducing ourselves and sharing our vision for some of our Combat and Special Interest Programs, one of those being Combat Proud," said General Foglesong, during the presentation here. "We're standing here again today to let you know that the interior and exterior of the facilities here at Ramstein look better now than they have in over 10 years, and I blame each one of you for that."

During the RAF Alconbury presentation, the general lauded base members for their two-time win.

"I couldn't be more pleased that I'm able to present this award to the great people of RAF Alconbury again," said General Foglesong. "It's obvious that everyone here, starting with Airman Fogle-song and going right up the ranks, has had a hand in base and facility improvements here -- the resulting appearance of this base shows the true reflection of the great men and women who work here and the pride they take in their 'home,'" said the general.

Combat Proud, one of 15 CSIPs within USAFE, was established to foster pride and productivity through the improvement of the interior and exterior of facilities and bases throughout the command.

This is the second Base Appearance Competition since the inception of the Combat Proud program in August 2003, said Capt. Todd Rupright, USAFE Combat Proud program manager.

"The competition was conducted differently this year," Captain Rupright said. "Instead of a formal Combat Proud team going to each base during a set timeframe, providing a formal in-brief, and then eval-

uating the base and its facilities, this year's evaluations were conducted under no-notice conditions by COMUSAFE and two Headquarters USAFE staff members.

"This allowed the USAFE commander to see each base in its normal day-to-day state," said the captain. "In essence, the no-notice evaluation showed how each base is sustaining Combat Proud."

The evaluations entailed more than judging the general appearance of each base, said Captain Rupright.

"They also looked at how well Project Welcome Mat has been incorporated," he said, referring to the subset of Combat Proud that focuses on the appearance and customer service aspect of the facilities new arrivals first encounter. "In addition the interior and exterior of the dormitories were looked at."

But, the true test came after the 'evaluators' left the bases, said the captain.

"Part of this year's evaluation was how the bases responded to the observations and areas noted as needing improvement," he said.

One thing's for sure, base leadership here and at RAF Alconbury couldn't be more proud.

"All we have to do is look around and it's apparent -- military members living in the Kaiserslautern Military Community take great pride in base appearance and that pride has led to outstanding results," said Col. Robert Kane, 86th Airlift Wing and KMC commander here.

Col. Kurtis Lohide, 435th Air Base Wing commander, and Col. Richard Weathers, 38th Combat Support Wing commander, located at Sembach Air Base, Germany couldn't agree more.

"Combat Proud is a long-term program and its effects will be felt many years down the road," Colonel Lohide said.

"From the moment a newcomer sets foot on base, it's apparent that we take pride in our people and facilities," Colonel Weathers echoed. "We couldn't be more proud of our KMC team."

Lt. Col. Jack L. Jones, 423rd Air Base Group commander, is equally proud.

"Winning a base competition once is quite an achievement," said Colonel Jones. "Being recognized in consecutive years is a phenomenal accomplishment, and a testament to our mission focus and dogged commitment to excellence. It's nice to know our headquarters recognizes the hard work we've put into Alconbury and the entire tri-base."

Under guidance provided by General Foglesong, funds received from placing first in the competition, will be used to support readiness, quality of life and services.

### 2005 USAFE Base Appearance Competition Results

- Large-base winner - Ramstein Air Base, Germany
- Large-base runner up - Royal Air Force Mildenhall, England
- Small-base winner — RAF Alconbury, England
- Small-base runner up - RAF Croughton, England
- Large-base self-help program winner - Ramstein AB
- Small-base self-help program winner - RAF Alconbury





# Aviano's Honorary Squadron Commanders

## 2005 HSC Inductees

**31st Security Forces Squadron - Antonio Cavallera**  
*Lt. Cavallera is commander of the Carabinieri Company for the Italian Air Force in Vicenza.*

**31st Medical Support Squadron - Paolo Saltari**  
*Since January 2004, Dr. Saltari has been the Director General of Pordenone Hospital.*

**31st Fighter Wing Legal Office - Federico Facchin**  
*Dr. Facchin is a lawyer in Pordenone.*

**31st Operations Support Squadron - Carlo Nordio**  
*Dr. Nordio is President of the Commission for Penal Code Reform.*

**555th Fighter Squadron - Stefano Turchet**  
*Mr. Turchet is the mayor of Porcia, and an instructor pilot for ultra light and sport airplanes.*

**510th FS - Corrado Rusalen**  
*Mr. Rusalen has more than 5,500 flight hours, participates in air shows and holds a ULM helicopter license.*

**603rd Air Control Squadron - Giovanni Pavan**  
*Mr. Pavan is a construction administrator of the Pavan Costruzioni Co.*

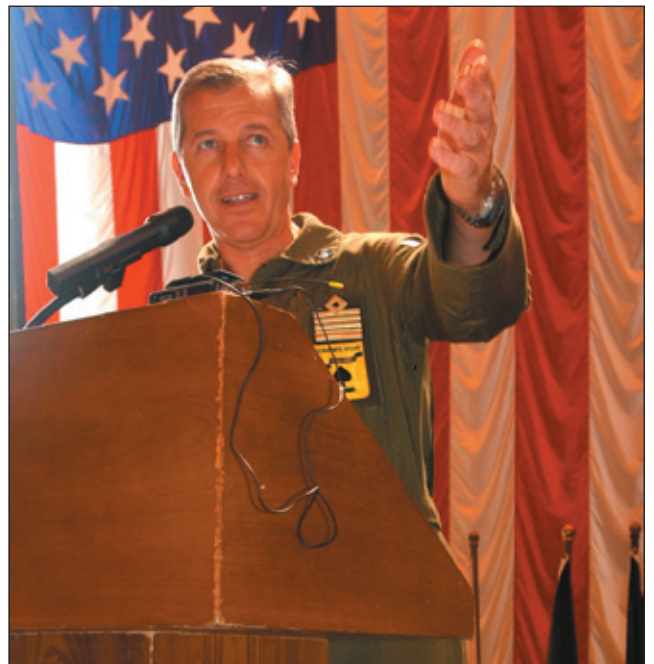
**31st Maintenance Squadron - Valerio Pontarolo**  
*Mr. Pontarolo is the President of the Constructors Union of Pordenone and owner of two construction material markets.*

**31st Aircraft Maintenance Squadron - Bruno Carraro**  
*Mr. Carraro founded many commercial and industrial companies.*

**31st Communications Squadron - Roberta Bombonato**  
*Ms. Bombonato teaches Italian to Americans at Aviano, and is an interpreter for many Aviano 2000 and housing projects.*

**31st Services Squadron - Antonio Bacci**  
*Mr. Bacci is vice chief of the Pordenone office for the newspaper, Messaggero Veneto.*

**31st Logistics Readiness Squadron - Massimo Mazzariol**  
*Mr. Mazzariol served as chief of the economy section of Il Gazzettino newspaper, and now is a professor at the Universities of Udine and Trieste.*



Senior Airman Scherrie Gates



Stefano Turchet, mayor of Porcia, accepts his the 555th Fighter Squadron from Lt. Col. Joseph





Airman Nathan Doza

Above: Arcangelo, Aviano's base carabinieri commander, watches the HSC ceremony. The Italian police force provides security for the base alongside Aviano Airmen.

Left: Col. Rosario Scarpolini speaks to the crowd gathered for the Honorary Squadron Commander ceremony here recently. As the commander of the Italian Air Force here, Col. Scarpolini is a strong supporter of the HSC program.



Senior Airman Scherrie Gates

honorary squadron command of Guastella, 555th FS commander.



Airmen from the 31st Fighter Wing's various squadrons lined up at the ceremony June 17 to welcome their new honorary squadron commanders here.

Senior Airman Scherrie Gates



## Financial seminar

The Aviano Family Support Center hosts a financial seminar for spouses of deployed members 2 p.m. Thursday. Topics of discussion include investing, bill consolidation, understanding the LES, how to claim the correct number of exemptions for tax purposes, how to establish an emergency fund, and credit reports. Bring a copy of your spouses LES and any other paperwork or bills of concern. For more information, call Tom Synder at Ext. 5656.

## Sports physicals

All children playing in school sports in the upcoming school year must have a health physical. The physical ensures the child is physically capable to participate in school sports safely. The 31st Medical Group is focusing on completing these school physicals in the month of July in order to ensure physicals are completed on time. Each primary care clinic is

conducting their own health physicals, so the appointment will be in the clinic in which the child is enrolled. To make an appointment, call central appointments at Ext. 5000.

## Pet fun run

The Aviano vet clinic hosts the first Strut Your Mutt one-mile run event, 9 to 10 a.m. July 9. There will be games and education and grooming tips. Contestants with the best time will win a prize package from AAFES or DeCa. Purchase a t-shirt or register for the event at the Flightline Area vet clinic, Bldg 1410, through Tuesday. All pets must meet the following requirements:

- Dogs must be leashed for the duration of the event
- Rabies vaccines must be up-to-date
- One dog per runner/walker
- No leashes over 6 ft.
- Clean-up after your pet
- No dogs in season

The event officials reserve

the right to refuse aggressive dogs and all decisions are final.

## Models wanted

AAFES Services seeks models for the ethnic hair care training that will be held in the Aviano Beauty Shop and Family hair care 9 a.m. to 4 p.m. July 19 and 20. For more information, call Ext. 7954.

## Air Force Institute

The National Reconnaissance Office solicits candidates for advanced education opportunities offered through the Air Force Institute of Technology. Seventeen positions are being offered to meet the advanced academic degree needs with schools beginning in fall 2006. After the degree is obtained, the candidate will complete a follow-on assignment in space acquisition or operations at the NRO for four-years. The majority of the assignments will be in the Washington D.C. area.

Applicants must have GPA and graduate record examination scores at least meeting minimum AFIT eligibility requirements. Applications are due to Air Force Development Section Aug. 31 and can be faxed to DSN: 898-5487. Packages may also be mailed to Attn: Air Force Element Force Development, National Reconnaissance Office, Office of Corporate Communications, 14675 Lee Rd., Chantilly, Va., 20151.

For more information, visit Air Force Personnel Center at <http://www.afpc.randolph.af.mil>.

## Smooth Move

The Aviano Family Support Center offers a Smooth Move seminar 8:30 to 11:30 a.m. Fridays, except for base down days and federal holidays. Attendance is mandatory for airmen basic to technical sergeants and second lieutenants to captains. Call the FSC at Ext. 5407 for more information.

## Fourth of July

The 31st Services Squadron invites everyone to celebrate the Fourth of July noon Saturday through Monday at the Freedom Park complex. The weekend-long event includes carnival rides, live music, batting cage specials, food, a chili cook-off and fireworks. Volleyball and horseshoe games will also be available throughout the weekend.

## Saturday

8 a.m. to 9 p.m. Saturday - Tournament softball games

## Sunday

Noon to midnight - Carnival rides and food booths

Noon to 10 p.m. - Batting cage contests

Noon - Chili cook-off  
3 to 6 p.m. - Carny cash give-away

3 p.m. - Hot dog eating contest

3 p.m. - Sacile community orchestra in the festival tent

5 to 8 p.m. - Plug in Baby band

6 p.m. - Watermelon eating contest

9 p.m. - Velvet Dress band

## Monday

9 a.m. - Chiefs vs. Eagles softball game

Noon to midnight - carnival rides and food booths

Noon to 10 p.m. - Batting cage contests

3 to 4:15 p.m. - Plug in Baby Band

5 to 7 p.m. - Youth games and activities at track area

5 to 7 p.m. - Franklin School Performing Arts

8:30 p.m. to midnight - Whiskey River C&W band

10 p.m. - Fireworks



## Reel Times

**Today, 5 p.m.** - "A Lot Like Love" Rated PG-13  
- Oliver and Emily meet on a plane and spend the next seven years becoming friends until they realize they love each other. Starring: Ashton Kutcher and Amanda Peet

**Today, 8 p.m.** - "Monster in-law" Rated PG-13  
- Unlucky in love, beautiful 'Charlie' has finally met the man of her dreams, Dr. Kevin Fields. There's just one problem - his mother Viola. Starring: Jennifer Lopez, Jane Fonda

**Saturday, 7 p.m.** - "Amityville Horror" - Rated R  
- In 1974, police discover the DeFeo family murdered in their home. One year later, George and Kathy Lutz along with their three children moved into the house, thinking it was going to be their dream home. Starring: Jimmy Bennett, Ryan Reynolds

**Sunday, 7 p.m.** - "Monster in-law" Rated PG-13

**Wednesday, 7 p.m.** - "A Lot Like Love" Rated PG-13

**Thursday, 7 p.m.** - "Monster in-law" Rated PG-13

**July 8, 5 p.m.** - "Madagascar" Rated PG - Alex the lion, Marty the zebra, Melman the giraffe, and Gloria the hippo have spent their lives living in a zoo. When Marty falls in with a crowd of devious penguins, they bring him along in their escape attempt. Alex realizes his friend is missing and leads a company of critters on a search that takes them all outside the zoo for the first time. Starring: Ben Stiller, Chris Rock (*Titles and times are courtesy of [www.aafes.com](http://www.aafes.com), and are subject to change.*)



### Fly Bys

#### Free Italian food, wine

Several local chambers of commerce will have a display here 6 p.m. July 4 in Freedom Park, during the Independence Day festivities. Local wine, cheese and meat will be offered for free, as well as travel information about the local area.

#### Antique markets

Local Italian villages hold regularly scheduled antique markets. The following schedule identifies the market day for area villages: first Sunday of the month - Aviano, Casarsa, Codroipo, San Quirino; second Sunday - Asolo, Montepulciano, Portobuffole, Florence, Montegrotto, Sacile, Noale, Villa Franca, and Udine; third Sunday - Este, Godega Sant'Urbana, Montebelluna, Fontanellato, Padova, Badovere, Siena, Soave and Trieste.

#### Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the Web site offers a list of places suspected of anti-American activity, as well as other information for travelers. Call the Office of Special Investigation at Ext. 7643 with questions about the site or other antiterrorism force protection measures.

#### Experience Europe

The Information Tickets and Travel office offers group and customized tour packages for one-day trips, express travel, overnight and morale tours, sight-seeing and shopping trips. The office can arrange travel and reservations for squadron and private tours as well as daily and weekly tours. For more information, call Ext. 5072.



Courtesy photo

#### Name this vacation location

This week's vacation location may well be Bavaria's second largest city, but the locals prefer to think of it as the center of Franconia. The city is usually associated with some of the darkest episodes in Germany history, but contemporary Franconia will allow visitors to see another side of the place. It has a distinctly cosmopolitan feel and there is something exciting to offer for people of all age groups, like gingerbread or white bratwurst. The city's Altstadt, or Old Town, is surrounded by a mighty city-wall that is five kilometers long. Be the tenth person to send the correct city and country to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil) and win a prize!

**Air Force travel online:** Visit [www.aftravelonline.com](http://www.aftravelonline.com) for information on airplane and train tickets and hotel reservations.



File photo

**The Verona amphitheatre** is considered one of the most recognizable Roman buildings.

## Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Sunday - Opera Aida (Verona Amphitheatre)
- Monday - Caneva World's Acqua-paradise
- July 9 - Croatia by boat
- July 9 - Wine tasting in Soave
- July 16 - Switzerland Express

(Lugano lake and chocolate shopping)

- July 16 - Guided Florence

The ITT escort will ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. He or she will provide general information about the area, as well. Call Ext. 5072 or 5026.



Photos by Airman Scherrie Gates

### Swing batta, batta, Swing!

(Above) Christopher Bond, a short stop for the Aviano Dragons Travel team, tags out player #71, Cody Betts with the Vicenza Athletics during the championship tournament at Aviano AB, Italy, on June 25th 2005. Christopher Bond is the son of Technical Sergeant Bruce and Diana Bond with the 31st Civil Engineer Squadron. (Below) Sam Hall, a pitcher for the Aviano Dragons Travel team, pitches a ball to the Vicenza Athletics Baseball team.

**Keeping fit:** Visit the Aviano Health and Wellness center for nutrition ideas and fitness tips.

## BICYCLE SAFETY

Don't push children to ride a two-wheeled bike until they are ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with foot brakes until your child is older and more experienced for hand brakes.

Take your child with you when you shop for the bike, so that he or she can try it out. The value of a prop-

erly fitting bike far outweighs the value of surprising your child with a new bike.

Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride your bike, put on your helmet.

Source: <http://www.aap.org/family/bicycle.htm>

## Fly Bys

### Golf tournament

The Alpine Golf Course is hosting a blind partner tournament 8 a.m. July 9. Contestant names are drawn out of a hat and partnered together. For more information, call Ext. 7386.

### Dance classes

The Youth Center offers dance classes for children age 4 and older July 11 through August 26. Call Ext. 7575 to make a reservation.

### Gone fishing

Aviano Outdoor Recreation hosts a trout fishing trip 8 a.m. to 4 p.m. July 16. Cost is 3.50 Euro per kilogram and there is a \$5 transportation fee per person. Sign up by July 8.

Go deep-sea fishing July 24. The trip departs from the Outdoor Recreation Center at 6 a.m. The all-day trip costs 50 Euro and includes transportation, lunch on board and tackle and bait. For more information on either trip, call Ext. 8623.

### Batting cages

The batting cages are available for birthday parties, squadron teams and group practices. Call Ext. 8623 to make reservations.

### Crud tournament

The Bella Vista Club is hosting an officer's crud tournament 6 p.m. July 15 with drinks and refreshments at 5:30 p.m. Four person teams can call Lt. Col. Adrian Pone at Ext. 7476 to sign up.

### Stars and strikes

Now through August, bowlers can earn prizes by collecting punches on three levels of punch cards. Every card completed becomes an entry for monthly prizes and a chance to win \$500.

The Aviano Bowling Center is in Area One, Bldg. 176. It's open 10 a.m. to 10 p.m. Sundays through Thursdays and 10 a.m. to midnight Friday and Saturdays. Call Ext. 7487 for more information.



# Drivers can learn from Newton

*Road safety is as simple as physics - slow down*

**By Lt. Col. Adrian Pone**  
31st Fighter Wing Safety chief

Safety's true "low hanging fruit" (as my old boss at an upstate NY apple orchard liked to say) is driving.

Last summer, the U.S. Air Force lost 32 people in senseless accidents. The majority of these accidents occurred while our folks were driving a 4- or 2-wheeled vehicle.

Driving is statistically the most dangerous thing we do. It's the leading cause of death for those under 44.

And although we are doing better here in Aviano than in the past, it is still a big problem in the area.

Newton's first law (known as the law of inertia) states that an object will stay at rest unless forces are acted upon it. Newton's second law shows that a certain amount of force is required to stop a car. That amount of force is equal to the mass of the vehicle times the required change in speed (deceleration).

For example, stopping a 4,000 pound Ford Crown Victoria traveling at 100 kilometers per hour will require twice the force required to stop a 2,000 pound Fiat Punta from the same speed.

Bottom line, the heavier and faster car will be harder to stop than the lighter and slower one. So – the slicker the road, the heavier the auto and the faster you are traveling, the greater your chances are of hydroplaning or being unable to stop quickly.

Newton's third law – to every action there is an equal and opposite reaction – usually manifests itself when Aviano motorists drive like maniacs.

They plow into another vehicle, tree or ditch and the momentum of their vehicle is absorbed in the form of crumpled hoods, bent chassis, airbags, seatbelts, etc.

Far too often, those of us who work in safety see smashed-up cars because people didn't realize the devastation an accident can cause.

It is real simple – front-end your car at 50 miles per hour and you are dead in half a second. No time to say prayers.

Recently, I've seen many accidents on wet roads from hydroplaning. My conclusions of those accidents, however, are attributed to the driver not assessing the road and equipment conditions. True, driving can be more hazardous when it is slick, but people need to adjust their driving for the

conditions. Understanding friction is useful here.

Friction is caused when two objects are in contact with each other, such as the tires and the road. In a nutshell, the total amount of friction is that coefficient of friction times the vehicle weight.

During the winter season, before the nasty weather hit, my Dad would throw a pile of bricks in the trunk of the family wagon. He understood friction—slippery roads required more weight on the tires.

If you are driving a light car in slippery conditions, you have less friction than a heavy car in dry conditions. To compensate, slow down. It's that simple.

Here are several things you can do to improve your chances of safely traveling the roads in Italy.

First, obey all traffic laws. Many of our Airmen fail to obey the local laws. Second, if you see somebody disobeying traffic laws, report them via the "Safe Highway" link on the Aviano home page or call 632-7200.

Third, don't fall into the trap of imitating irrational drivers. If irrational drivers are driving irrationally (speeding, passing, etc.) don't join them. Such a decision would deem you irrational.

Fourth, remember that you're not a competitor in the Daytona 500.

Fifth, assess the driving conditions and drive accordingly.

More simply stated, drive within the limits of the road, vehicle and yourself. If it is wet, slow down.

If your car needs new tires replace them. If you are tired, get somebody else to drive.

In addition to the risks, reckless driving also costs you money. A simple comparison of some U.S. Air Forces in Europe bases yearly insurance costs shows this.

I called my insurance company and used my two privately owned vehicles as reference.

These are the costs: Aviano: \$2705, Ramstein: \$1757, Lakenheath: \$1796, Spangdahlem: \$1728. Yep, you pay a lot more than your fellow Airmen in Germany and England.

The 31st Fighter Wing's Safety Goal is zero fatalities/debilitating injuries. In line with that goal, let's remember every day to enjoy the beautiful country and surrounding region, but come back in one piece.



## The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil). Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send kudos to [Vigileer@aviano.af.mil](mailto:Vigileer@aviano.af.mil) with the subject line "Kudos." Kudos can be submitted for appreciation, retirements, awards, good service, promotions and graduations.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

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